



How the environment influences our health



Erasmus+



ERASMUS HILS



Home

Environment

Renewable Energy

Natural Resources

Pollution

Health

Our School

Our City

Examples



The Environment

Renewable Energy

- * **Combats climate change:** no direct greenhouse gas emissions;
- * **Decreases pollution:** reduces threats to our health;
- * **Reliable source of power:** sources will never run out;
- * Once built, renewable facilities cost very little to operate, and the fuel is often free. As a result, renewable energy prices tend to be stable over time.

Renewable Energy Benefits



- * A vital need, **a home**, a local and global resource and a climate regulator;
- * It has become the end of the journey for many pollutants released to nature;
- * With the electricity generated from its movement, we **light** our cities and our homes;
- * At home, we use it for cooking, cleaning and showering;
- * Since your brain is mostly water, drinking it **helps you think, focus and concentrate**, it promotes weight loss and flushes out toxins.



Natural Resources

Water

- * Nature plays a big role in our health, therefore the quality of the air we breathe depends on how abundant it is around us;
- * Industrialized cities tend to have lower quality oxygen;
- * On the other hand, environmentally conscious cities offer their citizens a much healthier lifestyle, as they are aware of the benefits Nature withholds.

Natural Resources

Air



SAVE

THE

EARTH

The Environment Pollution

WE NEED
MORE
TREES

Pollution is a global problem.

Water and air pollution are the biggest causes of global warming. Pollution in general can cause human diseases

The Environment Our School



Recycle

* **Small actions** can help protect the environment from being damaged. We should take care of our planet as it's our home.

* The concern of the **Alberto Sampaio Group of Schools** in the progressive construction of an ecological and humanist conscience continues to be a priority established in its Educational Project, having formally joined the **Eco-Schools Program** in the 2006/2007 school year.





ERASMUS HILS



Our
School





Agrupamento
de Escolas
Alberto Sampaio
AESAS

Health Our School

The Alberto Sampaio Group of Schools is nationally known for its sports facilities and extracurricular activities related to health.

Let's learn more!



ERASMUS HILS





Health Our city

Braga is characterized as a **green city**, as well as a host to many public sports facilities.



ERASMUS HILS

Our
City





ERASMUS HILS

Our
City



Thanks

Every small action counts. Let's
protect the environment together!

Presentation made by: Alberta, Diogo, Eduardo and
Pedro



Erasmus+